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CANADIANS AND COLORECTAL CANCER

Some 25,000 Canadians are diagnosed with colorectal cancer each year.

68 cases each day



When Canadians are asked to name the **3 DEADLIEST CANCERS**, 76% mention **lung cancer**, 63% say **breast cancer** and 38% **prostate cancer**.

IN FACT:

Colorectal cancer is the **2ND DEADLIEST**, after lung cancer.

Canadians think only **59%** of colorectal cancer cases can be cured if detected at an early stage.



IN FACT: **MORE THAN 90% OF CASES CAN BE CURED IF DETECTED EARLY.**

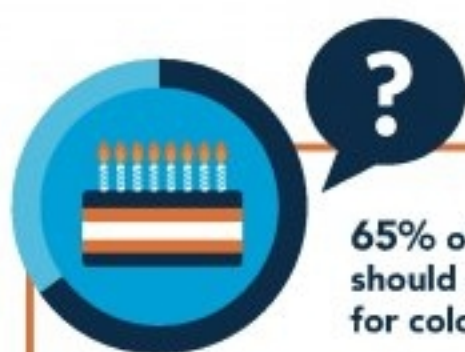
30% of Canadians believe that colorectal cancer causes symptoms so the disease can be detected in its early stages without screening.



IN FACT: **SCREENING IS THE ONLY WAY TO DETECT COLORECTAL CANCER IN ITS EARLY STAGES.**

Canadians have a higher awareness of **BREAST CANCER** (66%) and **LUNG CANCER** (64%) than of **COLORECTAL CANCER** (43%).

IN FACT: **COLORECTAL CANCER ACCOUNTS FOR 13% OF ALL CANCERS**, almost the same incidence as lung cancer (14%) and of breast cancer (12%).



65% of Canadians don't know they should start **REGULAR SCREENINGS** for colorectal cancer **AT AGE 50**.

IN FACT: **MORE THAN 90% OF COLORECTAL CANCER CASES OCCUR AMONG CANADIANS 50 OR OLDER**



THERE REMAINS A CERTAIN TABOO ABOUT GETTING SCREENED FOR COLORECTAL CANCER, with about twice as many people saying they would be embarrassed to be screened for colorectal cancer (24%) as for skin cancer (13%) or breast cancer (13%).

When Canadians are asked to name the various risk factors for colorectal cancer, they rank:

1 Lifestyle (38%) **2** Heredity (30%) **3** Age (24%)

IN FACT: **LIFESTYLE AND AGE ARE THE MAIN FACTORS.** Heredity only accounts for between 10% and 20% of cases.

WHAT YOU CAN DO TO LOWER YOUR RISK OF COLORECTAL CANCER



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metroVIEWS



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Canada skip Chelsea Carey brings a shot into the house during the 3rd draw against Switzerland in Swift Current on Sunday. JONATHAN HAYWARD/ THE CANADIAN PRESS

CAREY TO VICTORY

Former Winnipeg skip leads Team Canada past the Swiss 7-4 at curling worlds

Mayor reserves endorsement

PROVINCIAL ELECTION

Bowman continues to campaign for 'fair share, fair say'



Braeden Jones
Metro | Winnipeg

The election date has been set, the parties are off to the races, and the mayor of the "economic engine of the province" has thrown his hefty political endorsement behind...

No one, yet.

"I'd like whichever party can best address the needs of municipalities, including Winnipeg," said Mayor Brian Bowman. "We have yet to hear from any of the parties a very comprehensive plan on 'fair share, fair say,' and we need to hear that."

He said the kinds of difficult decisions being made in the city's budget — up for final approval Tuesday — are "reflective of the fact that (municipalities) collect eight cents of every

tax dollar, yet are responsible for 60 per cent of the infrastructure (costs)."

Bowman said he and the 137 mayors and reeves of the Association of Manitoba Municipalities (AMM) will be "increasingly vocal" on that point as the campaign continues.

Increasing how vocal they've been may be a feat.

As it is, AMM president and mayor of Steinbach Chris Goertzen has beat that drum at several speaking engagements and even tied the rhetoric to CAA's annual Worst Roads campaign.

Bowman, for his part, has mentioned the "fair share, fair say" at every turn since the AMM campaign launched at the end of February, and has been especially vocal through social media.

And when asked about the federal budget, with mention of how the Government of Canada will increase infrastructure support for municipalities, Bowman reserved elation and flipped it back to the provincial parties to answer his call.

"(More federal support) does, though, beg the question, 'Where do the provincial parties stand?'" he asked.

2016'S FEDERAL BUDGET

'What will Tuesday's budget say about Trudeau's Liberals?'

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Bad date list needs boost: Groups

SAFETY

Sex workers use it to ID inappropriate, violent clients

Meg Crane
For Metro | Winnipeg

Two groups that advocate for sex workers are trying to make their 'bad date list' more accessible to those who need it.

"The 'bad date list' is a list of people who have been violent or inappropriate or have violated boundaries or have otherwise acted inappropriately or dangerously to someone working in the sex trade," said Anlina Sheng of the Winnipeg Working Group (WWG).

Currently, the list is shared in a newsletter, but WWG, in partnership with Street Connections, wants to figure out if there are better ways to distribute it.

"There's so much diversity within the sex work community in Winnipeg," said Sheng.

The list, which allows sex workers to help protect one another by warning others about people to look out for, is made necessary thanks to the "stigma, discrimination and criminalization" around sex work, she said.

Sheng said the Winnipeg Police Service is aware of the list, but the force isn't involved with it.

"Through various proactive initiatives, and through our



Anlina Sheng stands on a corner with her red umbrella, which symbolizes rights for sex workers. BY MEG CRANE/FOR METRO



I can't emphasize enough how important this tool is.

Anlina Sheng

partnerships in the community, the WPS Counter Exploitation Unit strives to be easily accessible to anyone who

needs assistance with issues relating to sexual exploitation," said Const. Eric Hofley. However, Sheng said many

sex workers do not trust police, so they rarely report incidents.

"We can look at what happened in B.C. with Robert Pickton where police utterly failed to protect sex workers," Sheng said.

Sheng said sex work is one

of the few fields where workers are forced underground, and as a result are more vulnerable to violence; they can't report abuse to a labour board or other authorities that could protect them.

"As it is a criminalized line of work, there are people out

there who will target sex workers," Sheng said.

Until March 28, an online survey is open and the group is hosting focus groups where sex workers can give their feedback about how they think the list could best be distributed.



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15-year-old charged in young girl's death

GARDEN HILL FIRST NATION

RCMP: Teresa Robinson's killing was 'senseless'

RCMP have charged a 15-year-old boy with first-degree murder in the death of an 11-year-old girl on a reserve in northern Manitoba.

Supt. Paulette Freill said the killing of Teresa Robinson was "absolutely senseless and horrific."

"As a parent and as a mom, I can only imagine how incredibly difficult the past 10 months have been for this family," said Freill. "And I want to thank them for their continued courage and strength throughout this ordeal."

Teresa disappeared last May after leaving a birthday party on the Garden Hill First Nation, a fly-in community about 500 kilometres northeast of Winnipeg.

It was initially believed that the girl was killed by a bear.

Her remains were found by searchers in the days that followed and Mounties ruled her death a homicide.

Six weeks ago, RCMP took the unusual step of asking about 2,000 men and boys between 15 and 66 on the reserve to volunteer samples of their DNA. Mounties said it was the largest DNA sweep in the province and possibly the country.

Staff Sgt. Jared Hall said he



Grand Chief Derek Nepinak of the Assembly of Manitoba Chiefs, Chief Dino Flett of Garden Hill First Nation, and Grand Chief Sheila North Wilson of Manitoba Keewatinowi Okimakanak, speak to media after RCMP announced the arrest. JOHN WOODS/THE CANADIAN PRESS

couldn't reveal if the sweep led to the arrest or if the boy charged provided his DNA.

"Logic is there that forensics and DNA have a place in this case," Hall said.

He also wouldn't say if the accused and victim knew each other. The boy, who can't be named under provisions of the Youth Criminal Justice Act, is a member of the First Nation and was arrested on the reserve Thursday.

The arrest brings relief to Garden Hill's 5,000 residents but healing will take time, said Chief Dino Flett.

It's like a brand new day. That's what I felt.

Teresa's mom Sandra Robinson

"There has been fear (for) almost a year in Garden Hill. People were fearing because they had no idea what was going on, if this person was still out there," Flett said.

"We are going to pull together and do this together, to help the family members and help the

community."

Flett said residents co-operated with the RCMP investigation and wanted to help Robinson's family.

The girl's mother, Sandra Robinson, told TV network APTN that she was relieved at hearing of the arrest.

"It's like a brand new day. That's what I felt when I got up this morning, knowing that the person has been caught," she said.

She also expressed "a big thank you to the RCMP, to all the people who worked on the case." THE CANADIAN PRESS

DOWNTOWN WINNIPEG BIZ

Sleepouts yield cash to fund work effort

Winnipeggers camping out in the cold have yielded big bucks for social agencies during annual CEO Sleepout events, and some of those funds were distributed Friday.

Last year's iteration of the sleepout raised \$170,000, which will be going to support Artbeat Studio, Graffiti Art programming, Macdonald Youth Service, Red Road Lodge, Siloam mission and Union Gospel Mission this year. The funds will create 71 jobs for people experiencing homelessness, with 21,690 hours of meaningful work experience beautifying downtown, learning skills and developing self-sufficiency.

The private sector event initiated by the Downtown Winnipeg BIZ has brought in nearly \$800,000 since 2011, and helped employ 137 people in that time — with that number climbing to

"It can make a better city and a better downtown."
Stafano Grande

200 with funds allocated Friday.

BIZ director Stafano Grande said the initiative "can make a better city and a better downtown by simply helping people who are homeless in a progressive way: providing a home and helping them keep it, providing support in dealing with their challenges, and creating meaningful jobs to become a part of the community."

The next CEO sleepout, in which participants raise funds and camp out downtown, will take place on Sept. 29. METRO

JUSTICE

Teen gets seven years for murder of senior

A Winnipeg teenager has been sentenced to seven years in jail after pleading guilty to second-degree murder in the death of a First Nations advocate last May.

A publication ban prohibits naming either the victim or the accused, who were known to each other.

The 16-year-old boy originally had been charged with first-degree murder for the killing in May 19, 2015.

The 66-year-old woman

died after being attacked in her home, which is the same place where the youth was arrested.

The Crown and defence offered a joint recommendation for a maximum youth sentence, to which the judge agreed.

The first four years of the sentence will be served in custody; the boy will spend the final three years under conditional supervision.

THE CANADIAN PRESS

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The Liberals

The Manitoba Liberal Party says it will extend rebates to purchasers of low-emission vehicles if it wins next month's election.

Leader Rana Bokhari says the Liberals will also introduce legislation to reducing idling. Bokhari says hybrids, electric vehicles and fuel-efficient models such as Smart cars would be eligible.

Rebates would be on a sliding scale based on a vehicle's fuel efficiency and would range from \$2,000 to \$5,000. Drivers would apply through Manitoba Public Insurance at the time of vehicle registration.

On Sunday, Bokhari pledged an additional \$400,000 to Manitoba's drug court, matching the current amount funded by the federal government.



The New Democrats

The Manitoba New Democrats are promising more money for schools if the party wins next month.

Leader Greg Selinger says his government would boost funding every year at or above the rate of economic growth. He is also promising \$50 million for modern technology in classrooms, \$30 million for upgrades to shop classes and \$20 million to improve science labs.

Selinger also pledged to increase minimum wage by 50 cents an hour every year.

Meanwhile, controversial candidate Wab Kinew launched his campaign on Sunday with a rally in Fort Rouge, where he's up against Liberal Leader Rana Bokhari.



ALL PHOTOS: METRO FILE

The Conservatives

Manitoba's Progressive Conservatives are promising to cut ambulance fees in half if the party wins April 19.

Leader Brian Pallister says many people face bills of \$500 or more for an ambulance ride, and some try to drive themselves or get a ride to hospital. Pallister says a Tory government would work with municipalities and health authorities and put up \$11 million a year to cut fees in half.

Pallister also promised Saturday to make northern tourism and jobs a priority through sustainable forestry and mining development as well as a framework to better address tourism and economic opportunities in northern Manitoba, called Yes! North.

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Professor, family denied residency

IMMIGRATION

Son's disability at the heart of dispute over immigration

An Ontario university professor who has applied for permanent residency in Canada may face refusal because his son has Down syndrome.

Citizenship and Immigration Canada has told Felipe Montoya that his 13-year-old son Nicolas's condition makes him inadmissible to Canada because of the potential burden he would place on the health-care system.

"We consider it to be in contradiction to the charter for many reasons, and we think that it's based on outdated views of so-called disabilities and that it needs to be looked at again and brought up-to-date," Montoya said, adding the case could impact families beyond his own.

Montoya moved to Canada from his native Costa Rica to

take up a position at Toronto's York University, where he is a full-time tenured professor of environmental studies.

Three years ago, he filed an application for permanent residency for himself and his family.

Nicolas's Down syndrome was disclosed at the outset and confirmed by doctors in medical exams required for the application process. Montoya said Nicolas, along with all the rest of the family, was found to be perfectly healthy, and he hoped the medical clearance would

Montoya said CIC provided no explanation of how the estimate was reached, adding that his son did not require special accommodations and joined a pre-existing community classroom in his local public school.

Cases like Montoya's are surprisingly common, according to Toronto immigration lawyer Henry Chang, but the family can dispute the finding.

They can file documents challenging CIC's calculations of Nicolas' financial needs or appeal on humanitarian grounds,



It's based on outdated views of so-called disabilities.

Felipe Montoya

help finalize his application.

CIC said it couldn't comment on the specific case, but the letter said that Nicolas's disability might cause "excessive demand" on social services, estimating that special education supports for him would cost between \$20,000 and \$25,000 a year.

Chang said, or present evidence they are willing and able to shoulder some of the costs themselves.

Montoya said the family is braced for a number of outcomes, including the possibility they will have to return to Costa Rica. THE CANADIAN PRESS



Nico Montoya, a 13-year-old boy with Down syndrome, sits on the couch at his home with his mother Alejandra Garcia, centre, and his sister Tania. Nico's father, Felipe, is contesting a Citizenship and Immigration ruling that could bar his family from residency due to Nico's disability.

MARK BLINCH/THE CANADIAN PRESS



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Ahead of the budget, economy top of mind

POLITICS

Canadians are worried about financial security: Poll

Prime Minister Justin Trudeau's government takes the wraps off its first budget Tuesday at a time when many Canadians are worried about economic uncertainty and a majority fear for their own financial security, a new poll shows.

Trudeau's promise of economic help for the middle class — an issue his Liberals campaigned on — comes as sluggish growth and more recent economic turmoil sparked by the sharp drop in oil prices has shaken the confidence of Canadians, according to the poll by Forum Research.

It found that 33 per cent of



Kids from the Kiwanis Boys and Girls Club laugh along with Minister of Finance Bill Morneau as he puts on his new budget shoes in Toronto, Ont. TORSTAR NEWS SERVICE

those surveyed believe the economy will worsen while just 24 per cent expect the economy to improve this year. Just over one-third of respondents think the economy won't change.

And those economic jitters have most Canadians now fret-

ting about their own prospects, with 69 per cent saying they are concerned about their financial security.

The poll found that younger people, ages 18 to 34, are among those most pessimistic about the economy and their own

financial security.

That's no surprise to Bilan Arte, national chairwoman of the Canadian Federation of Students, who says young people are struggling with "skyrocketing" tuition fees, growing debt and an uncertain job market.

"We need some strong leadership at the federal level to present a bold plan to save this generation," she said, noting that youth unemployment is running at 13 per cent.

During the election, the Liberals promised action to make post-secondary education more affordable and help getting young people into the job market.

When asked what they want to see in Tuesday's budget, Canadians put tax cuts at the top of their list (23 per cent), followed by infrastructure spending (18 per cent) and action on jobs (15 per cent), the poll found.

TORSTAR NEWS SERVICE

FEDERAL BUDGET

The stakes are high come this Tuesday



Steve Rennie
Metro | Ottawa

We're about to find out if the Liberals can kickstart Canada's sputtering economy through spending.

We already know the broad strokes of the federal Liberal government's inaugural budget. Lots of spending on what Prime Minister Justin Trudeau has called "unsexy" things, like upgrading roads and bridges. Sort of like the old Conservative Economic Action Plan, but with better hair.

But perhaps the most interesting part of Finance Minister Bill Morneau's first budget will be not line items on spending (even if past budgets have tended to feature more sweeping rhetoric than nitty gritty details), but what it says about this Liberal government.

Recall the first Conservative budget of the Stephen Harper era. It was meant to paint the Conservatives as the party of

the suburban middle class. They cut the GST by one percentage point as they began to chisel away at programs and spending. They scrapped the Liberal plan for a national child-care program in favour of sending parents monthly cheques for each child under the age of six.

So what will Tuesday's budget say about Trudeau's Liberals? It is on this budget (and how they follow through on it) that they will be judged. In four years, we can look back and see if their multibillion-dollar gambit on infrastructure spending actually lead to the creation of more jobs — and if so, were they high-paying, full-time jobs, or temporary, lower-paying ones. After all, jobs are the most important part of this budget.

You only get one chance to make a first impression.

Steve Rennie is the managing editor of Metro Ottawa

SPORTS

Edmonton Eskimos' name still has to go: Natan Obed



Alex Boyd
Metro | Edmonton

When Natan Obed, president of the Inuit Tapiriit Kanatami, wrote an op-ed calling on the Edmonton Eskimos to lose the slang word for Inuit from their name, it ignited a discussion in the city. That was November.

When Metro asked then what actions would be taken, the team told us that was a question for the future.

In January, the team invited Obed to Edmonton to talk it out. Metro finally got both sides on the phone to talk about the

meeting.

How did the meeting go?

The team was gracious in hosting us, they listened to the concerns that I put forward about the use of the name, and now we're interested to know about how to move forward.

Has your position on the name changed?

It's pretty simple from our end that the change in team name is what we hope for. The dialogue that we may have started is one that I'm grateful that they were open to ... but until the name is changed, there really isn't much more to talk about.

Were you disappointed in the

meeting?

I think that it is too strong a word. I recognize that it is an issue that needs to be brought up with the ownership group and their relations, with respect to marketing and the fans, so I'm not discounting any of that. It seems as though the City of Edmonton and the Edmonton franchise both want to do what is right, and both were largely oblivious to any negative connotation to the name itself.

Your position is somewhat controversial, even within the Inuit community.

What I've said and will continue to say is that there are

Inuit that are offended by it and we should live now where we try to ensure that we are providing a safe environment. I don't ever want to be called that term ... I played sports — I grew up playing hockey, and I've been called a 'dirty Eskimo' and a 'n—'. I've been called all sorts of names, and I know just how deeply those things hurt and how deeply they change perception of yourself. And the fact that it is still okay for the Edmonton football team to use that name every single day when it is not okay to use it in any other context to describe our people? That's something we need to come to terms with.

+ THE ESKIMOS RESPOND

In a statement emailed to Metro, a representative from the Edmonton Eskimos confirmed they invited Obed for a meeting with club president and CEO Len Rhodes in January. The statement describes the meeting as "extremely cordial" and says that Rhodes "expressed how the Football Club always

aims to respect all members of the community and will continue to do so." The statement continues: "This was a face-to-face meeting that created an open dialogue that we hope continues into the future."



Edmonton Eskimos' Adarius Bowman
THE CANADIAN PRESS

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DIPLOMACY

Cuban visit a first step toward future hopes



Gilbert Ngabo
Metro | Toronto

U.S. President Barack Obama's visit to Cuba has been a long-anticipated event for Julio Fonseca.

The language professor at York University grew up in Cuba and still remembers the atrocious effects of the U.S. trade embargo on ordinary people's lives.

"It was very bad in the 1960s," he said. "No one cared whether you had toothpaste or a soap. Those basic things



Julio Fonseca LIZ BEDDALL/METRO

we take for granted were very hard to find."

Fonseca, who is also the president of the Association of Cubans in Toronto, said Cuban-Canadians expect Obama's visit to serve as a step in the direction of normalizing relations between the two countries.

"This conflict has been there for over half a century. It's time for a change," he said.

On top of Cubans' wish list is the lifting of the economic blockade — which Obama has asked Congress to look into repealing, but has faced stiff opposition from Republicans. There's also the need to close down the naval base at Guantanamo Bay, which has been there "against the will of the Cuban people," said Fonseca.

But, much as it'll take a strong political will to change the status quo, it'll also require a mentality change because the "hatred" towards Cuban people has been "institutionalized in the United States," he said.



This conflict has been there for over half a century.

Julio Fonseca

IN BRIEF

Airbnb opens Cuban online lodging listings to world

Online lodging service Airbnb is allowing travellers from around the world to book stays in private homes in Cuba after the San Francisco-based company received a special authorization from the Obama administration, Airbnb announced Sunday.

Airbnb was the first major American company

to enter Cuba after Presidents Barack Obama and Raul Castro declared detente on Dec. 17, 2014.

The service handles online listing, booking and payments for people looking to stay in private homes instead of hotels. Cuba has become its fastest-growing market, with about 4,000 homes added over the last year.

THE ASSOCIATED PRESS



First lady Michelle Obama, President Barack Obama, and their daughters arrive at Jose Marti International Airport for a 48-hour visit on Airforce One Sunday in Havana, Cuba. Obama is the first President in nearly 90 years to visit Cuba. JOE RAEDLE/GETTY IMAGES

'It is wonderful to be here': Obama

Spotlight on CUBA

Presidential trip revives relationship with nation

Stepping into history, U.S. President Barack Obama opened an extraordinary visit to Cuba on Sunday, eager to push decades of acrimony deeper into the past and forge new ties with America's former adversary.

"It is wonderful to be here," said the American president.

Obama's whirlwind trip is a

crowning moment in his and Cuban President Raul Castro's ambitious effort to restore normal relations between their countries. While deep differences persist, the economic and political relationship has changed rapidly in the 15 months since the leaders vowed a new beginning.

Wielding an umbrella on a rainy Havana afternoon, the president stepped off of Air Force One and was greeted by top Cuban officials, including Cuba's foreign minister and U.S. ambassador. He was joined by first lady Michelle Obama and daughters Malia and Sasha, with dozens of U.S. lawmakers and business leaders arriving separately for Obama's visit.



This is a historic visit, and it's a historic opportunity.

Barack Obama

His first stop was a Havana hotel, where Obama greeted U.S. Embassy staff and their families and noted the momentous nature of his visit — the first by a sitting U.S. president since 1928, when Calvin Coolidge arrived in a battleship.

"This is a historic visit, and it's a historic opportunity to engage with the Cuban people," Obama said.

A highlight of Obama's visit

comes Tuesday when he joins Castro and a crowd of baseball-crazed Cubans for a game between the beloved national team and Major League Baseball's Tampa Bay Rays. The president also planned a speech at the Grand Theater of Havana laying out his vision for greater freedoms and more economic opportunity in Cuba.

A major focus for Obama was pushing his Cuba policy to the point it will be all but impossible for the next president to reverse it. That includes highlighting new business deals by American companies, including hotel chains Starwood and Marriott and online lodging service Airbnb.

THE ASSOCIATED PRESS

U.S. PRESIDENTIAL RACE

Trump renews pledge at Arizona rallies to end illegal immigration

Donald Trump's campaign in Arizona is centred on his hard line against illegal immigration, a stand that supporters embraced in a series of tense rallies ahead of Tuesday's presidential primary.

"Illegal immigration is gonna stop," Trump said Saturday night in Tucson. "It's dangerous. Terrible."

Both in Phoenix and Tucson, Trump was introduced by former Arizona Gov. Jan Brewer, who pushed tough immigration laws in office.

Protesters showed up at every event. In Phoenix, they blocked

the main road into his outdoor rally for several hours before it started. In Tucson, they interrupted him and some were tossed from the event.

Police said Sunday that about half a dozen people were arrested at the Arizona rallies, including two on misdemeanor charges of assault.

Trump was campaigning in Arizona ahead of Tuesday's primary in which the winner will take all 58 delegates at stake.

Trump's main rivals, Texas Sen. Ted Cruz and Ohio Gov. John Kasich, are desperately trying to prevent the real es-

tate mogul from accumulating the 1,237 delegates needed to secure the nomination at the party's national convention in July. They are hoping for a contested convention in which delegates would be free to turn from Trump if he fails to win a majority on the first ballot. Trump has won 678 delegates in contests held thus far. Cruz is in second place with 423 delegates, and Kasich is in third with 143.

His rivals hope to offset a likely Trump win in Arizona on Tuesday with a strong showing in the Utah caucuses. Limited polling shows Cruz leading in

the state where Mormons account for two-thirds of the state's 3 million residents.

Mitt Romney, the 2012 Republican presidential nominee and the Mormon faith's most visible member, said he intends to vote for Cruz in the caucuses, but stopped short of endorsing the Texas senator, an uncompromising conservative.

However, Utah's delegates will be distributed proportionally based on the percentage of votes — unless a candidate gets more than 50 per cent, which would give that person all 40 delegates. THE ASSOCIATED PRESS



Anti-Trump protester Bryan Sanders, centre left, is punched by a Trump supporter at Donald Trump's rally in Tucson, Ariz., on Saturday. MIKE CHRISTY/ARIZONA DAILY STAR/THE ASSOCIATED PRESS



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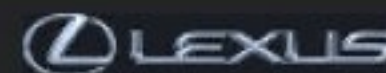
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Biometrics are quickly becoming a feasible alternative to cards, bar codes, PINs and passwords. AFP/GETTY IMAGES

Biometrics easing into private sector

TECHNOLOGY

But consumer reluctance still hindering wide adoption

Biometrics — measuring unique physical characteristics to verify identity — was once a form of cutting-edge technology found only in science-fiction and spy movies.

But the authentication techniques are now not only being integrated into our most-used devices, but are quickly becoming a feasible — and in some cases convenient — alternative to plastic cards, bar codes, PIN numbers and passwords.

Many private companies in sectors from banking to health care are embracing the technology as a personalized means of

reaching potential customers, as well as a way to offer safer, more secure interactions.

Retailers are interested in facial recognition software as they look for ways to target consumers when they walk into stores with products aimed specifically at them.

Companies would love to be able to use the technology to reduce shoppers to a unique consumer profile, but they can't move faster than people are comfortable with, said Andy Adler, a professor of systems and computer engineering at Carleton University.

Although the technology has made strides, widespread adoption is still hindered both by consumer reluctance and unreliability. Even if biometrics is more secure than a chip or PIN, using it is still in many cases an inconvenience. To employ biometrics, retailers would have to

purchase terminals and consumers would have to deal with the glitches and delays that come with cutting-edge technology.

Fingerprints, faces and iris scanning are still the most-developed forms of biometric identification, but even those systems have limitations and can be fooled. Fingerprinting is probably the most widely known type of biometric ID, but it is also one of the most easily copied or "spoofed."

Meanwhile, Adler believes voice recognition, gait measuring or ear-shape analysis are still too new to be trusted on their own.

"They're exciting, but we're not going to see uptake until they start working well," Adler said. "Things haven't changed as much as one might guess."

Wariness on the part of consumers about giving up identifying data to big corporations is one of the main hindrances to wider spread adoption, said Karl Martin, founder and chief technology officer at Nymi.

TORSTAR NEWS SERVICE

+ WHO'S USING IT

Apple's Touch ID, which uses a fingerprint to unlock a user's iPhone, may be the best-known biometric system, but other companies are also dabbling in the space.

Ford is exploring a biometrics system that could let users open and start their car with their fingerprints, pulse or voice, rendering keys unnecessary.

Insurer Manulife recently launched a voice recognition system. Instead of a password, callers say "At Manulife, my voice is my password" and software determines if that matches the voice associated with an account.

MasterCard will launch "selfie pay" in Canada later this year, using facial recognition instead of a passcode or signature to make payments in stores. MasterCard is also testing heartbeat identification software from Toronto-based Nymi, which uses a wristband embedded with an electrocardiogram sensor.

“We’re not going to see uptake until they start working well.”
Andy Adler

LEGISLATION

MP tables bill after hackles raised over cat, dog fur imports

Jessica Smith Cross
Metro | Toronto

Is the coat you're wearing made from a cat? Before you scramble to check the tag, know this: No one has to tell you if it is.

Toronto MP Nathaniel Erskine-Smith is out to change that. He has tabled a private member's bill that would ban the importation of cat and dog fur and require labels that tell consumers what kind of fur is on their garments.

For years, animal rights ac-

tivists have warned that dog and cat fur enters the Canadian fashion market from China and is sold to unknowing customers.

"There are no statistics, as far as I can tell, because it really is an underground market," Erskine-Smith said. "It's not an

illegal market, for the moment, but it's not well publicized."

Most countries, including the U.S., instituted bans on cat and dog fur years ago. Canada, on the other hand, hasn't taken action despite previous legislation introduced by members of both the Liberal and NDP

caucuses.

More than half — 60 per cent — of all fur garments that enter Canada come from China, a trade that's worth about \$12 million a year, according to Industry Canada. The use of dogs and cats in China's fur trade has been well documented by

journalists and activists.

In Canada, dog fur-lined jackets have turned up in police investigations of counterfeit goods. In Toronto alone, police seized a number of knock-off parkas with German shepherd-lined hoods in 2012 as part of a massive counterfeit crackdown.

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ROSEMARY WESTWOOD

ON NANCY JO SALES'S **AMERICAN GIRLS**

Ironically, as feminism is rising again as a force in media, politics and the culture at large, this book explores how feminism is seen as the anti-cool, the anti-chill, among many teens. And that is chilling.

Grade 9, 1999, was the year of the blow job at my junior high school. Not everyone was giving — or getting — but in general, it was the year when girls started giving boys oral sex. Mind you, never the other way around.

There were parties sans parents and blackberry coolers that tasted like pop. I wore tight pants and chunky heels. I had a Samsung flip phone I shared with two siblings. We fought over it on weekends.

But I never got this message: "SEND NOODZ."

That text marks the beginning of a deeply upsetting foray into the world of today's American teenager. Nancy Jo Sales's new book, *American Girls: Social Media and the Secret Lives of Teenagers* should make you grateful you're not a teenager. It left me relieved social media and pornography were sprinkled on my adolescence — but did not saturate, define, or seek to control it.

The book is indexed under Parenting and Women's Issues. But it is really about technology's dramatic impact on the sexual development of kids, and our complete ignorance — no, negligence — in helping children understand its force, and develop a healthy sense of self and sexuality.

The book focuses on girls, because in our still-sexist society, the damaging aspects of technology fall disproportionately on young girls.

Digital pornography is catching children at their sexual awakening.

There's no reason to think it's any different for Canadian youth. Think of the cavalier way a sexually graphic image of a drunk 17-year-old Rehteah Parsons was passed around a Nova Scotia school in 2011, to deadly effect.

Ironically, as feminism is rising again as a force in media, politics and the culture at large, this book explores how feminism is seen

19-year-old complains, "Our whole society has become porn. No one wants to look at that." Hookup culture is "for him and him only," she says. "It's just not working."

It would be easy to accuse Sales of criticizing women's sexuality in this book, if not for two things: First, the girls themselves say they're anxious about the constant need to look hot on social media



NO RULES Teens' social lives online are like a never-ending house party where the parents are away, Rosemary Westwood writes. STURTI/ISTOCK

as the anti-cool, the anti-chill, among many teens. And that is chilling.

It's also enraging. This book took me weeks to read, because I kept shutting it in disgust. I yelled about it to friends at a dinner party. Sales gives over nearly half the text to the direct voices of teenage girls, ages 13 to 19, as they talk about boys, sexting, social pressures and sexuality. She empathizes deeply with them, and thus I did too.

A 13-year-old recounts how boys pass around nude photos of classmates to older boys in exchange for alcohol. We hear about "slut pages," where nude photos sent to one boy are posted publicly on social media (technically a crime). A

and appear sexually attractive to boys; second, the boys express willingness to continue that old cliché double-standard of the slut and the stud, and little interest in intimacy, since sex is so available without it, digitally and otherwise.

The book avoids moral panic over teenage sexuality, but puts porn culture and social media directly in the crosshairs. It's not that teenagers today are different than I was. It's that their world is.

In the book, not only do parents appear largely ignorant of their children's social media lives, but schools appear inept at giving kids the critical-thinking tools Sales says they need to navigate the new landscape. And in some

cases, law enforcement's response has been to charge young people with taking or possessing photos of themselves, a move comically at odds with a culture that prizes the nude-selfie queen Kim Kardashian.

As if to drive the point home, last week I got an advertising email from "GoSexy Final Touch," an app that claims to "put the power in girls' hands to look their best in their photos."

In the lives of teenagers, social media is our sexist society on speed. There is a twisted focus on self-promotion instead of self-development. Wanting to look good isn't a problem, but wanting "to be liked and loved and considered hot by strangers on social media," as Sales writes, is. "For girls now to model themselves in the image of pornography, one could argue, is for them to embrace their own disempowerment."

Digital pornography is catching children at their sexual awakening, and shaping their understanding of pleasure, agency and consent.

And while there are plenty of critical thinkers in Sales's book, it's scary to think we're leaving them to navigate a new frontier all on their own.

It's as if, on social media, kids grow up without any parents. They don't just have the house for the weekend to throw a party — the parents were never there to begin with.

And so, this book should be read by parents. It should be read by teachers and principals. It should be read by police officers. It should be read by women. It should be read by men. And all other genders.

Then, at least, we won't be able to claim ignorance.



Let's consider abolishing the ward system. Here's how.

INSIDE THE PERIMETER

Colin Fast



Greater Winnipeg unified under one government back in 1971, but from listening to council debate the 2016 budget, you'd think the City of Transcona and Regional Municipality of North Kildonan were still going strong.

This year's budget review has been riddled with "What's in it for me?" moments from city councillors, many of whom seem to have forgotten they're supposed to act in the interest of the city, not just the ward that elected them.

On the one hand, you can't blame them. Councillors don't get much credit from their own neighbourhoods for spending money in another part of town. So it's in their interest to keep agitating for hyperlocal projects. Unfortunately, that doesn't make for a very cohesive civic leadership.

There is a potential solution on the horizon: Council has approved forming a commission to review ward boundaries before the next election. But rather than just tinker with the borders, maybe this group should investigate a potential bigger change.

While electing one councillor per ward is the typical model for large cities, it's not the only one. Some cities elect two councillors to serve larger wards, which gives local residents more than one person to turn to if they have a problem, and gives councillors a broader geographic focus.

Vancouver elects all its coun-

cillors on a citywide basis. This helps ensure decisions about services and long-term planning are made with the entire community in mind. However, it can leave residents feeling a bit disconnected from their leaders.

But a model that combines ward councillors and at-large representatives, like the one used in Thunder Bay or Boston, could help Winnipeg to move past its struggles.

Electing 10 councillors from individual wards and five councillors citywide would allow neighbourhoods to have a voice at city hall, balanced by at-large councillors who could have a broader perspective.

The at-large councillors could automatically form the mayor's executive policy committee. This would provide incentive for more experienced ward councillors to make the leap to at-large status. Serving as an at-large representative would also be a good test for future mayors.

On paper, moving away from the current ward system would bring challenges — it's arguably less democratic, it makes it harder to win office without a big budget or name recognition — but if councillors continue to act like mayors of their own wards rather than representatives of the entire city, then a shake-up of the system should be considered.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.

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LESLEY-ANNE SCORGIE
metromoney

Will Annick and Yolanda's financial goals be met? **Metro's finance guru Lesley-Anne Scorgie** has only a few weeks left to get Annick back on track to achieve her financial goals.

Turning Bey into big bucks

THE CHALLENGE: Annick, 24 and from Calgary and Yolanda, 27 and from Mississauga, have agreed to intensive 12-week Money Coaching with Metro's financial guru Lesley-Anne Scorgie. These ladies have four weeks remaining to eliminate their consumer debt and accumulate a significant chunk of money for a down payment. Can they reach their goals?

THIS WEEK: Annick must choose whether to honour her deal to pay off her debt or sell her expensive Beyoncé ticket.

NEXT WEEK: Yolanda has decided to reward herself with a trip to Montreal. But will this mean she'll miss her April contribution towards her down payment? She'd better start hoping for a generous tax refund to cover the costs.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

THE SITUATION

I have a dilemma on my hands. Three weeks ago Annick splurged to purchase a \$322 Beyoncé ticket. To afford this once-in-a-lifetime experience, she missed this month's debt-reduction target of \$900 and only paid \$550. We made a deal that if Annick didn't reach her goal by March 15, she'd have to sell her ticket. Being a young woman of her

word, Annick posted a compelling Kijiji ad. Here's the thing though, when I clicked on the ad link, staring right back at me was a \$500 price tag for Annick's kick-ass Beyoncé floor seat. (Ed's note: Reselling tickets at more than face value is legal in Alberta, and has been since the province scrapped the Amusements Act in 2009)

Hello Miss Resourceful! Annick will make \$175 off this trans-

BY THE NUMBERS

Annick has been hyper-vigilant about adding to her bottom line. Since we met in December, she's improved her net worth by \$2,675. Can she meet her target of consumer-debt freedom by July?

Assets	Dec. 2015	Mar. 2016
RRSP	\$350	\$850
Total Assets	\$350	\$850
Liabilities		
Student Loan	\$58,800	\$58,350
VISA	\$1,500	\$1,200
MasterCard	\$650	\$475
Other Loans	\$1,600	\$350
Taxes	\$250	\$250
Total Liabilities	\$62,800	\$60,625
Net Worth	(\$62,450)	(\$59,775)



Annick, 24, Calgary
Annick has found her entrepreneurial spirit by aiming to make money on the concert ticket she has to sell this month. JENNIFER FRIESEN, FOR METRO

action (after postage). I'm big into hawking things online for a premium price, so I want to reward Annick for thinking like an entrepreneur. Imagine if she applied this same principle in other areas of her life...

There are three approaches Annick can take.

- 1). School of hard-knocks. She sells her ticket and applies ALL the proceeds to her debt.
- 2). Balance. She sells her ticket and applies \$350 to her debt and uses the remaining \$150 to purchase a less expensive ticket.
- 3). Off-the-hook. I give her a

15-day extension to reach her debt-reduction target.

I'm leaning towards option two because no financial lesson is ever learned without follow-through; and in Annick's case that means being accountable.

THE LESSON

Have you ever over-promised? Of course you have! Financially, and in the case of Annick, this often results in not achieving a particular money milestone like paying off one's credit card balance, achieving a raise or foregoing that extra RRSP contribution.

It feels rotten to fail. But, if you treat a financial failure as a lesson, and don't repeat it, you'll move on to achieve your next financial goal.

The caveat however is to set realistic goals that stretch you, but aren't out of reach.

Annick's going to pay a financial penalty for over-promising.

But, she has a choice to either let that penalty sink her financial ship or motivate her to avoid splurges and make more money. Knowing her, and her newfound entrepreneurial spirit, she'll choose the latter.



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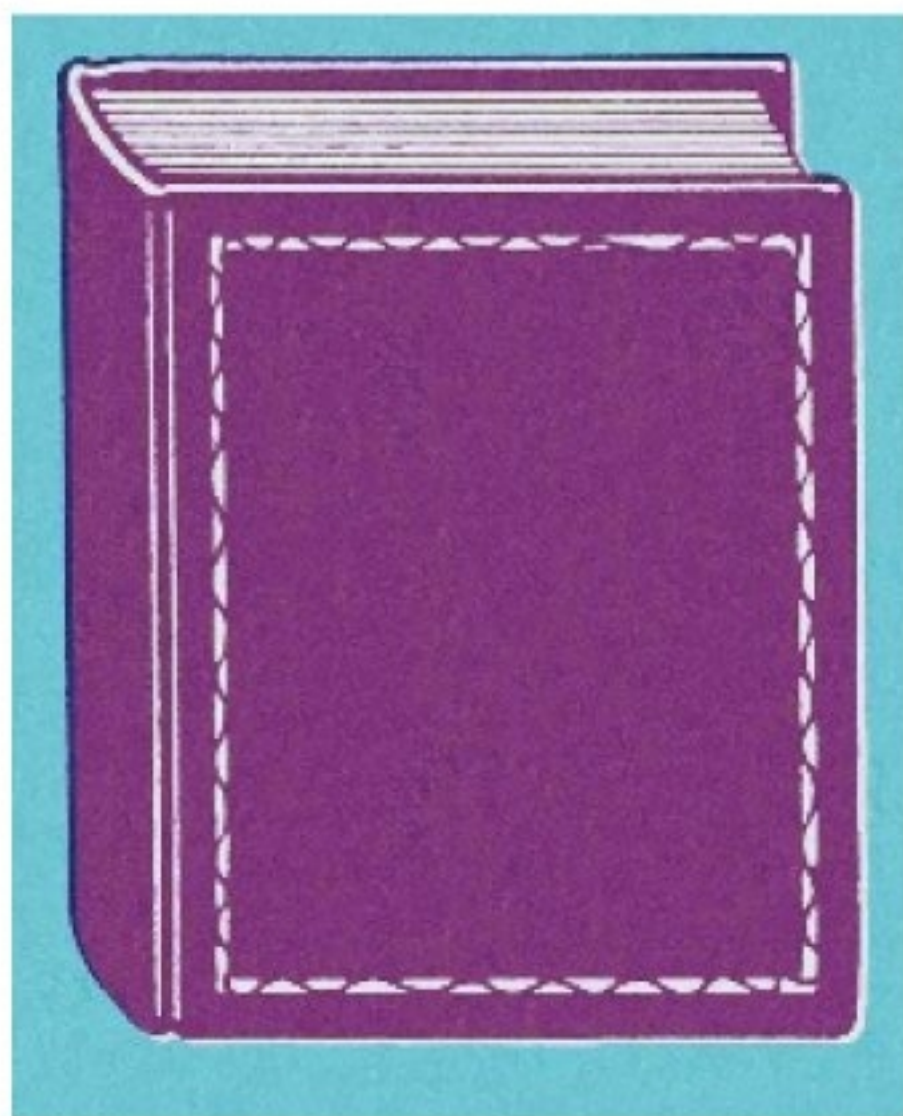
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Arts groups eye budget boost

LIBERAL GOVERNMENT

Culture orgs are tired of being seen as 'beggars'

Megan Haynes
For Metro Canada



The Canadian arts community is optimistic ahead of Prime Minister Justin Trudeau's inaugural federal budget.

Banking on Liberal campaign promises, various industry spokespeople expect an infusion of money towards the arts.

This includes renewed funding for the CBC, the Canadian

Council for the Arts (CCA), Telefilm and the National Film Board.

"There's been a consistent message from the new government that there's a real will to make a re-investment in arts and culture," says Simon Brault, director and CEO at the CCA, a federally-funded body that invests in and promotes Canadian artists.

Last year, it distributed more than \$155 million to artists through grants and prizes, including the Governor General's Literary Awards, which have been given to authors including Patrick deWitt (*The Sisters Brothers*), Guy Vanderhaeghe (*Daddy Lenin and Other Stories*) and Linda Spalding (*The Purchase*).

The Liberals promised to invest \$150 million in annual

funding at the CBC, which saw its budgets slashed by \$115 million under the Conservative government. Brault expects \$75 million to be dished out this year, and the full promised amount rolled out by 2018.

The CCA also expects to see its annual budgets double over the next two years to \$360 million, as well as a re-investment in the film-industry bodies National Film Board and Telefilm to \$25 million across both organizations. The government also promised to restore \$25 million in funding to bodies that facilitate arts exchanges internationally.

If this money comes through, it will send a strong signal that arts and culture is a valued contributor to Canadian society, says Elliott Anderson, acting director of public policy

research and communication at ACTRA, the union body representing actors.

It's a departure from the previous government's era of budget cuts and funding stagnation, he says.

"There was a feeling for a long time that everyone in the arts community was a target — if you made one misstep, (the government) would use it as proof that more cuts were needed," Anderson says. "(Former Prime Minister Stephen) Harper's government did leave a certain level of mistrust, but people are very excited about the prospect of change."

The CCA already has a comprehensive plan, should the increased funding come through in tomorrow's budget. Beyond creating more grant opportunities for artists, writers and

musicians, Brault says the plan is to focus on helping the arts community better adopt digital platforms — an area he says Canada has fallen behind on. Increased funding will also allow the CCA to double down on efforts to engage previously neglected groups, including youth and indigenous people.

In the broadcast sector, increased funding means more opportunities for original Canadian production, which in turn creates more jobs for those involved with TV and cinema, says Anderson.

Beyond funding, there is hope for a focus for Canada on the international stage. For example, in 2014 the Conservatives denied a \$6.5 million request that would have sent Canada to be guest of honour at the Frankfurt Book Fair, con-

sidered one of the most important international events on the literary scene. Canada has again been asked, this time for the 2020 fair, with a funding request of \$4 million.

The invitation is still under consideration, according to a spokesperson from the Department of Canadian Heritage. But Anita Purcell, executive director of the Canadian Authors Association, says based on government's rhetoric, she's confident they will accept the invite.

"There's an appetite (at the federal level) to show Canadian culture."

"There is a sense that people in the arts sector feel more valued, and have a role to play," Brault says. "We feel invited — not as beggars, but as contributors," he says.

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THE BEST VARIETY

AT HOME...ON THE ROAD...
OR AT THE OFFICE

Don't let your debt fight drag you down

PSYCHOLOGY

Stay in control of emotions to keep working towards goal

Gail Vaz-Oxlade
For Metro Canada



How many times have you promised yourself that you're going to get to debt-free forever only to find that after the initial burst of enthusiasm your momentum evaporates?

It's not unusual to feel less motivated once the initial adrenaline rush of making the decision and taking the early steps have had time to get a little old.

There is, after all, a natural rhythm to our emotions — peaks and valleys. When we start something new, there's the thrill of mental and physical activity. We make the plans, draw up the debt repayment plan, create a chart to show how we're doing.

By week 16, we're pretty sick of not having any money to buy coffee, packing our lunch for work, and having to tell our partner, our children, our friends, that we're broke and can't spend any money.

While the initial burst of energy is what you need to get you going, the inevitable slump that follows can be enough to stop you in your tracks, if you let it. But if you know it's going to come, and you develop a strategy for dealing with it, you're much more likely to slog through and get back on track to your big goal.

Being prepared for the let-down is key.

Instead of giving into the nega-

tivity, step back and take a good look at why you're feeling frustrated, angry or sad. Are you disappointed by your results? Are your feelings even justified? Or are they simply part of the natural emotional rhythm?

When you did your debt repayment plan, you decided how long it was going to take to get out of the hole. If you went with 36 months, you have to be prepared for several slumps along the way. If you aren't prepared, your emotions may drive you to go out and spend money on credit that will only worsen your situation.

But knowing that a slump is going to come means you can be ready with a tactic for dealing with that slump.

Haul yourself out of the emotional dumper and turn those negative thoughts to positive ones.

Remind yourself that you're on a realistic path so it will take time. Count your successes — no matter how small — and give yourself a hug. Remind yourself of what you're trying to accomplish and what your life will be like when you reach your goal.

Dealing with the emotional lows is part of the process when you're trying to achieve something big. Give into your emotions and you'll kick yourself later. Emotions are thoughts. Thoughts are in your mind. Your mind is yours to control. Change your thoughts and you'll change your emotions.

You're bigger than any barrier your mind can create for you. And you know you're on the right path.

For more money advice, visit Gail's website at gailvazoxlade.com



There are lots of highs and lows when tackling debt repayment. The key is to not let your lows ruin your resolve to stay on track. ISTOCK

FINANCES

Introducing your kids to a bank account

A lot of kids have a pretty good understanding of what money can do for them. They may get funds in the forms of a weekly allowance, the tooth fairy, the occasional gift from grandma — and they tend to spend it pretty quickly on toys and candy. What they aren't great at understanding is the power of saving, while they may have piggy banks, they raid them regularly.

That's where a bank account comes in. Teaching your kids to

save money at a bank is an important money lesson. It helps them understand that when you use a debit or credit card, you're not taking money out of thin air. And it allows them to put their money far enough out of reach that they can't spend it easily.

Go for a no-fee option: Kids don't exactly have fat balances — ideally, you want an account with no minimum balance, no monthly fees, and few if any transaction charges. A quick check for kid-

friendly bank accounts on Rate-Supermarket shows a few low-fee savings accounts for kids.

The HSBC Premier Youth Savings Account has no minimum balance, no monthly fee and unlimited transactions.

The CIBC Premium Growth for Youth, the TD Youth Account, and the Scotiabank Getting There Youth Account only charge for ATM withdrawals from other banks. Tangerine and PC Financial also have regular savings

accounts with no fees, no minimum balance and no monthly fees — they're both worth exploring.

Look at the interest rate: With rates at all time lows, finding a bank account that will teach your kids the magic of compound interest is next to impossible. But some banks offer a bit more — Tangerine and PC Financial both offer a 0.80 per cent interest rate on savings accounts.

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SUPERHERO CROSSOVER EDITIONS

Batman v Superman's March 25 slamfest is on track to top The Hunger Games as the biggest March opening ever. And while the film isn't expected to trounce reigning record-holding superhero film The Avengers in a pow!-bam!-wham!-style street fight, here's how we see them stacking up against their other superpowered peers **TORSTAR NEWS SERVICE**

Superman vs. Batman

In this corner: Batman, disgruntled protector of grand and murdersome Gotham. His opponent: Superman, emblem of Midwestern values and terrible secret identity disguises.



Batman vs. Iron Man

Wealthy entrepreneur playboy against wealthy entrepreneur playboy. Bet on the guy who built a car in his root cellar.

Jessica Jones vs. Wonder Woman

Anti-superhero Jessica Jones could summon her super-strength to beat Wonder Woman ... she just doesn't feel like it.



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Deadpool vs. Wolverine

Wolverine and Deadpool both heal in an instant, but Wolverine's claws give him an advantage in the field (and on the mani-cam).

Spider-Man vs. Superman

Spider-Man does whatever a spider can, and what's so great about that? While Spider-Man's slinging webs, Superman can chuck cars at him.



Batman vs. Wonder Woman

You are showing up to battle with a rope, Wonder Woman? This isn't the Clue manor! Batman must have scissors in his utility belt somewhere.

Nora Ephron lives on in biopic

ALL IN THE FAMILY

Jacob Bernstein makes a film about his mom

Shinan Govani
Torstar News Service

Catching the new, lucent documentary on Nora Ephron, I was seized by a thought: what would have Nora, one of the quintessentials of New York City, made of the dramatic rise of Donald Trump, one of the cartoons of New York City?

Standard-bearers for a city famous for its insomnia, and ensconced in paths-crossing salons, surely she would have had some howls?

Alas, alas: here, now, a voice extinguished too soon, Ephron, who died four years ago — and was described at the time by the New York Times as a writer in the Dorothy Parker mould, “only smarter and funnier” — may have pulled a fast one on the zeitgeist, but she lives on, alright, in a very personal film made by son, Jacob Bernstein, and called *Everything Is Copy* (premiering on HBO, Monday.)

“I always wanted her to like me,” remarks Steven Spielberg (one of the many who comprise Ephron’s one-or-two-degrees-of-separation) in the doc. It’s a line echoed by consummate TV host, Charlie Rose, who muses, “You wanted her to like you.”

“It’s very powerful to be both loved and feared,” is how Bernstein puts it today, reiterating a point that he makes in the movie that his mother was both “kind...and really generous...but also stern and unfailingly honest,” leading to a combination “that made people seek out her approval.”

Discussing his maiden film, after a screening at the Palm Springs Film Festival, the 37-year-old — sporting a beard worthy of a Russian tsar and speaking in dulcet tones — explains, “We don’t have to overly-deify her for it to be a celebration of her.”

A fully emulsified mixture of the wry and the beguiling, Ephron gets the fullest airing in *Everything Is Copy* (something of a family motto). There are the tracks she left in any number of mediums, including her first-person delights (*Wallflower* at the Orgy, *I Feel Bad About My Neck*), her plays (say, *Love, Loss, and What I Wore*, written with her sister, Delia), and, of course, her medley of films (everything from *Julia & Julia* to *Sleepless in Seattle* to *When Harry Met Sally*,



American screenwriter and novelist Nora Ephron. CONTRIBUTED

the latter which not only gave us film’s most famous fake-orgasm scene, but has transcended rom-com-dom to serve as masterly study, right up there with *Annie Hall* and *The Apartment*). There is ample acknowledgement of her role as one of the greatest of dinner party-givers (“She had the most interesting collection of people,” pipes in Barbara Walters), and her elbows-out days in the era of so-called New Journalism in the 1970s, during which she made hay with the likes of Tom Wolfe and Gay Talese.

To paint the picture, Bernstein patches together old footage of Ephron (doing the talk-show circuit, for instance), readings of her work (via Reese Witherspoon *Lena Dunham*, etc), and a bounty of fresh interviews, ranging from Meryl Streep (who gave an impassioned eulogy at Ephron’s memorial) to Barry Diller (an old classmate of Ephron’s from their time at Beverly Hills High School).

“We got Mike Nichols right under the wire,” Bernstein says now, referring to Nichols’ own death soon after. He’s grateful that he did, since the iconic director was not only a long-time hero of his mother, but also the man who did the film adaptation of Ephron’s seminal

divorce roman-a-clef, *Heartburn*.

Indeed, *Heartburn* factors in big in the movie, for one of the most intriguing moments of the film is when the filmmaker sits on a sofa with his father, Carl Bernstein, to have an all-too-real exchange. Dad, who became famous as one of the reporter boy-wonders during Watergate, and then later somewhat notorious when he was found cheating on mom with the wife of the ex-British Ambassador — in what was Topic A in Washington D.C. at the time — acknowledges to his son that he worried that the divorce that wrought a book and then a movie (starring a young Streep, and Jack Nicholson) would affect what Jacob would think of him. Pausing for a minute, the young Bernstein tells his dad, “And for a while it did.”

Grappling with both parents: a subtext that informs much of *Everything Is Copy*. “When you are with your parent all the time, you don’t see how they change...” Bernstein trails off, reflecting on how often he was told that

Ephron (who famously hid her illness from almost everybody) grew “softer” in latter years.

Asked what she would have made of the film, he wagers, “A part of me thinks she’d be really proud of it...but other times, I think, she’d be saying, ‘You know...it’s almost good.’”

Nora Ephron’s son, Jacob Bernstein. CONTRIBUTED



JOHANNA SCHNELLER WHAT I’M WATCHING

Happy Valley anything but for working women

THE SHOW: *Happy Valley*, Season 2, Episode 1 (Netflix)
THE MOMENT: The Dog Food

Catherine, a Yorkshire police sergeant (the divine Sarah Lancashire) and her protégé Ann (Charlie Murphy) discuss Ann’s first days as a policewoman.

“One flat we went in, dog food was right on the floor,” Ann says. “No bowl.”

“Yeah, and they’re the responsible ones,” Catherine replies. “They actually feed their pets.” She faces Ann square on. “Ninety-nine-point-nine per cent of the time, that’s the sort of people you’ll be dealing with. People who live in houses where you have to wipe your feet when you leave. Better get used to it.”

This show’s creator, Sally Wainwright (who did the equally terrific *Scott & Bailey* and *Last Tango in Halifax*) excels at many things: verisimilitude about cops, authentic settings, characters that grow more interesting over time. But I’m most



Sarah Lancashire as Catherine in *Happy Valley*. CONTRIBUTED

grateful that she creates women who are good at their jobs, and puts them in situations where they show it.

As Catherine says above, she routinely deals with the worst the human race throws up. Her own life has its share of crap, too: a dead daughter she’s still mourning; an alcoholic sister; a murder investigation in which she’s (unfairly) implicated. Yet at work, she’s always on it — smart, compassionate, tough, fair.

Later in this episode, Catherine briefly breaks down. “What do I have to do?” she asks her sister. She does everything right, and it’s still not enough. After a minute, she answers her own question: She wipes her face and moves on to the next thing. Working women everywhere will relate.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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Ugly W disappoints Ducks

NHL

Narrow victory at Jets is cause for concern for Anaheim

Jakob Silfverberg and the Anaheim Ducks weren't quick to pat themselves on the back following their 3-2 overtime win over the Winnipeg Jets on Sunday.

Silfverberg scored his 13th with under a minute left to break a deadlock stretching back to the second period. But he and his teammates agreed it was a little unsightly.

"It wasn't the prettiest way (to score), but we got the win anyway," Silfverberg said.

"It was one of those games — it was ugly. It was an ugly hockey game," added captain Ryan Getzlaf. "The puck was bouncing around, not really connecting a whole lot for both teams... we got away with the win."

Jets netminder Michael Hutchinson made the initial glove save on Silfverberg's first attempt but couldn't corral the rebound, allowing Silfverberg to score.

The Ducks picked up their 40th win of the season (40-22-9) and moved within four points of the idle Los Angeles Kings for top spot in the Pacific Division.

Ducks head coach Bruce Boudreau said his team needs to be better over the final stretch of the regular season than they



The Ducks' Jakob Silfverberg scores off of his own rebound in overtime past Jets goaltender Michael Hutchinson and forward Blake Wheeler. TREVOR HAGAN/THE CANADIAN PRESS

were Sunday if they want to catch up.

"We weren't very good," Boudreau said. "We gave up way too many chances. We just weren't doing things that we were capable of and probably Winnipeg had a little bit to do with that. But if we want to be successful in the last 11 games and beyond, we got to play better."

Jamie McGinn and Ryan Kesler scored for the Ducks in

SUNDAY At MTSCentre

3	2
DUCKS	JETS

regulation. John Gibson made 27 saves for his 17th win.

The Jets (29-37-6) dropped their third straight decision.

"You look at their roster and I don't know what's better,

their second line or their third line. They're just so deep," said Paul Postma, who along with Blake Wheeler, scored for the Jets.

"They're physical and they come hard. For us, it's a big test. That's a good team over there and they're always going to be a front-runner in the playoffs. It's a good test for us every time, kind of a benchmark to see where we are in comparison to them."

Hutchinson turned aside 30 shots in a losing effort.

Riddled with injuries and bit by the flu bug, the Jets deployed some of their youngest talent on Sunday.

"We had a lot of guys step up," Mark Scheifele said. "(Chase De Leo) had a great game. A lot of young guys who haven't played a lot of games here played awesome for us and it sucked we couldn't get them the win." THE CANADIAN PRESS

ARNOLD PALMER INVITATIONAL

Great Day for golf at Bay Hill

Jason Day turned his fortunes at just the right time Sunday by making a 12-foot birdie putt and then saving par from just under 100 feet away in a bunker to win the Arnold Palmer Invitational in Orlando.

It was another great moment for Palmer, the 86-year-old tournament host who watched it unfold on the 18th green.

Day closed with a 2-under 70 for a one-shot victory over Kevin Chappell, who looked as if he might finally win in his 150th start on the PGA Tour. Chappell didn't flinch the entire back nine until his tee shot was buried in deep rough on the 18th, forcing him to lay up. He hit wedge to 25 feet and was ready to putt when he heard the big roar when Day made birdie on the 17th to tie for the lead.

"Being honest, kind of had me rattled a little bit," Chappell said. He left his par putt well short and made bogey for a 69.

The closing hole at Bay Hill was just as tough for Day.

With a one-shot lead after Chappell made bogey, Day took water out of play from the right rough and went well left of the green into a bunker, 95 feet away with water on the other side of the green. Day blasted out to 4 feet and made the par for his first victory of the year.

He moves to No. 2 in the world and will have a chance to overtake Jordan Spieth next week in the Dell Match Play.

David Hearn of Brantford, Ont., was the top Canadian, 10 strokes back. THE ASSOCIATED PRESS

NHL

Pens win streak goes to 6 vs. Caps

Rookie Tom Kuhnhackl had a goal and two assists on his way to a career-best three points and the Pittsburgh Penguins denied the Washington Capitals a chance to lock up the Metropolitan Division with a dominant 6-2 win on Sunday night.

Matt Cullen, Trevor Daley, Justin Schultz, Chris Kunitz and Bryan Rust also scored for Pittsburgh. Sidney Crosby picked up two assists to push his scoring streak to 12 games.

THE ASSOCIATED PRESS



Sidney Crosby pushes past the Capitals' Karl Alzner on Sunday in Pittsburgh. GENE J. PUSKAR/THE ASSOCIATED PRESS

MARCH MADNESS

Notre Dame nips Austin
Rex Pflueger tapped in a miss with 1.5 seconds left and Notre Dame survived a valiant effort by No. 14 seed Stephen F. Austin 76-75 on Sunday to reach the Sweet 16 of the NCAA Tournament for the second consecutive season.

With 17.5 seconds left, sixth-seed Notre Dame grabbed an SFA rebound down one and put it in the hands of Demetrius Jackson. The point guard drove to the basket and missed. Zach Auguste

followed for the Irish (23-11) but could not convert. The ball slipped off the rim and with one hand Pflueger flipped it in for his only basket of the game.

THE ASSOCIATED PRESS

Villanova routs Iowa
Josh Hart scored 19 points and second-seeded Villanova advanced to the Sweet 16 for the first time since 2009 with an 87-68 rout of seventh-seeded Iowa on Sunday in the South Regional.

THE ASSOCIATED PRESS

NBA

DeRozan sinks 25 as Raptors top Magic

DeMar DeRozan poured in 25 points to lift Toronto to a 105-100 victory over the Orlando Magic on Sunday, the Raptors' seventh consecutive victory at the Air Canada Centre.

Luis Scola added 20 points, while Kyle Lowry added 18 points. Bismack Biyombo grabbed a game-high 11 rebounds to go with 12 points and six blocks, and Terrence Ross chipped in with 13 for Toronto (48-21).

Victor Oladipo led the Magic (29-40) with 21 points. Andrew

Nicholson of Mississauga, Ont. added 15 and nine rebounds.

The Raptors, who began the night a game-and-a-half behind Cleveland for first in the Eastern Conference, were eager to finish out this home-heavy stretch with a victory.

They've had tremendous success at the ACC, going 16-2 at home in the 18 games prior to Sunday. They now hit the road where they'll play all but five of their remaining regular-season games. THE CANADIAN PRESS

RECIPE Grilled Salmon Salad



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

Spring's arrival calls for celebration. We love this salmon dinner that's been transformed into a fresh but hearty salad.

Ready in
Prep time: 10 mins
Cook time: 20 mins

Ingredients

- 8 small red potatoes, sliced in half
- 1 cup frozen corn, thawed
- 1 head of tender lettuce, washed and chopped
- 1 avocado, pitted and cubed
- 6 or 7 plum tomatoes, sliced in half lengthwise
- 2 filets of salmon
- 1 Tbsp olive oil
- 1 lemon, juiced, divided
- salt and pepper

Directions

1. Boil potatoes until tender.

Drain and put aside to cool. Pour frozen corn into a bowl and thaw. Wash, dry and chop the lettuce into ribbons. Turn oven broiler onto 450 degrees.

2. Rinse fish and pat dry with paper towel before coating in a light slick of olive oil and half of the lemon juice, and salt and pepper before placing on a rack or cookie sheet. Shake the corn around the salmon. Place on the highest rack of the oven and cook for between 5 and 10 minutes, depending on salmon thickness. Remove from the oven.

3. Lay on bed of the chopped lettuce. Arrange the potatoes, avocado and tomatoes evenly across the lettuce. Break salmon into bite size pieces with your hands. Arrange on the salad. Shake the charred corn over top and serve with your favourite dressing.

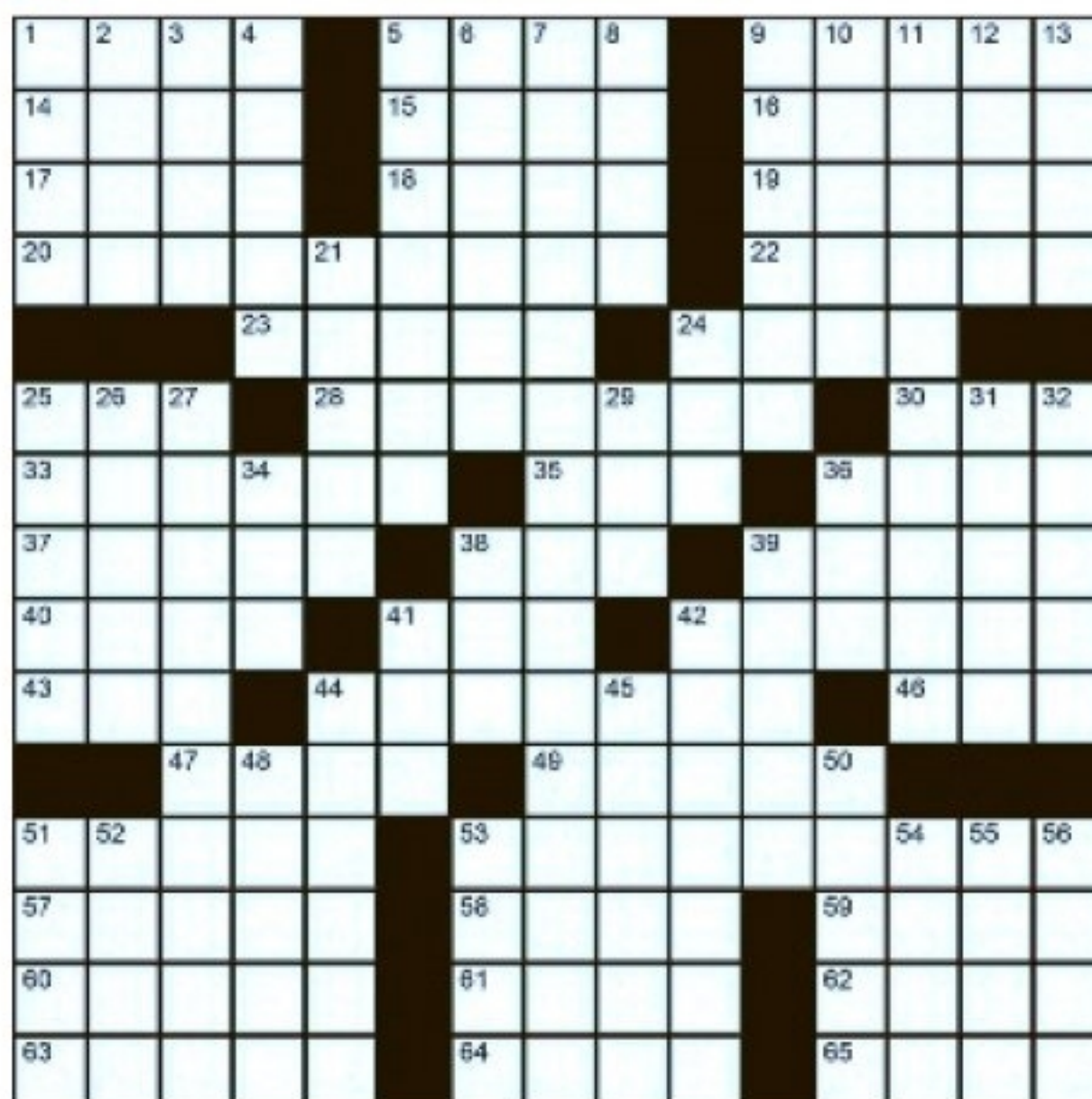
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Kick up a fuss
5. Movie's group of actors
9. Contributed
14. Corn lily
15. Fever symptom
16. "Bleeding Love" singer Ms. Lewis
17. Molson drink
18. Agents, for short
19. Even
20. Small community near La Crete in northern Alberta where #27-Down are from
22. Brightest star in the constellation Orion
23. Nimble
24. Page in a paperback
25. Morse Code bit
28. Green Gables: School which Anne Shirley attended, _ College
30. Traveller's delay
33. Privileged people
35. Hesitant sounds
36. Enormous
37. Close-fitting
38. Stop- _
39. Mountain-er's spike
40. Repeat
41. Prez
42. The Moody Blues tune: " _ Dream"
43. Race the motor
44. Some shore-birds
46. Ophthalmology orb
47. Tel _ Israel
49. Gladden
51. Hairstyling venue
53. Vera Wang customer



57. Mr. Firth
58. Formerly
59. 60 minutes
60. Anoint, ol-de-style
61. Film _ (Artsy movie style)
62. Vampire Weekend singer Mr. Koenig
63. Vampire novel-

- ist Stephenie
64. _ & Sciences
65. Microscope piece

DOWN

1. Lettuce variety
2. Eddie's "Beverly Hills Cop" (1984) role
3. Place
4. "Instant _" by John Lennon
5. Circus barkers
6. From times-of-yore

7. Queen Elizabeth, _ of the Church of England
8. See if it works
9. Bruce Wayne's butler
10. Alberta village, 'Gateway to the Handhills'
11. Canadian Football

- League legend on the current season of "Dancing with the Stars": 2 wds.
12. 'ence' word-ending alternative
13. Writer Roald
21. White-plumed heron
24. Canadian star of 'Naked Gun' movies ...his initials-shares
25. Dissuade
26. "The Brady Bunch" housekeeper
27. "County Line" Canadian country duo of brothers: 2 wds.
29. _ Medonte (Ontario township)
31. Suffering
32. Wishes granter
34. Howe'er
36. Particular pronoun
38. Prefix with 'classical'
39. Plague: French
41. Gladiator's 155
42. Those marking exam papers
44. Tail-to-donkey attacher
45. Prompt/evoke
48. Kind of curtain fabric
50. Lucy's famous sitcom friend
51. Defraud
52. Top-notched
53. _ fide (Authentic)
54. Slowly flow as sludge
55. Go from being a log to ash
56. Time divisions

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
"It was Monday. It was Monday all day." Yeah, it's that kind of day. Issues at work might be confusing. Steer clear of controversial conversations.

Taurus April 21 - May 21
It's easy to be confused with a friend or a member of a group today, especially regarding shared property or how to spend a certain amount of money. Tread carefully.

Gemini May 22 - June 21
Issues at home are confused today. This could be why relations with partners and close friends are challenged. Just be patient with everyone.

Cancer June 22 - July 23
Be careful today, because initially you might not have all the facts. Or perhaps the facts you have are incorrect. This is why someone will challenge you.

Leo July 24 - Aug. 23
Financial issues are a challenge today. For starters, some kind of deception or confusion is likely. Obstacles might arise with social plans, hotel reservations or something related to sports or children.

Virgo Aug. 24 - Sept. 23
Today the Moon is in your sign, opposing Venus and Neptune, and at odds with Saturn. What does this mean? It means you might not have your facts right.

Libra Sept. 24 - Oct. 23
Be aware of deception and confusion today, especially at work. This might apply to your health. Whatever happens could cause you to worry. Relax — this is temporary.

Scorpio Oct. 24 - Nov. 22
Romantic relationships might disappoint you today. Ditto for financial arrangements! Yes, this is one of those Mondays. Good luck.

Sagittarius Nov. 23 - Dec. 21
This is a poor day to deal with parents and authority figures, because people are uncooperative, in addition to which it's hard to get the right story about anything. Chill out.

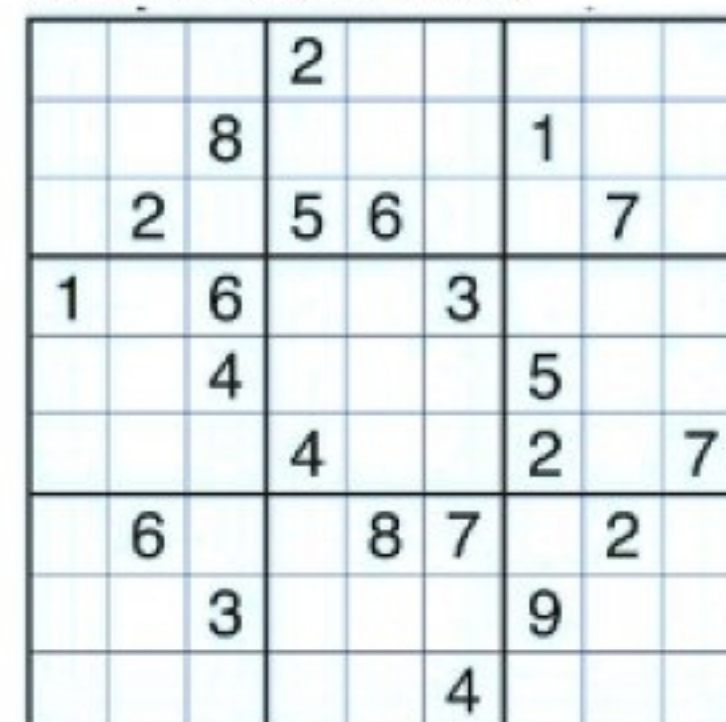
Capricorn Dec. 22 - Jan. 20
You might be worried today. Don't worry — half the world is there with you. Worry is like a rocking chair. It gives you something to do, but gets you nowhere.

Aquarius Jan. 21 - Feb. 19
Be careful about financial matters today, because confusion is rampant. In fact, even deceit is present, so beware!

Pisces Feb. 20 - March 20
This is a tough day for relating to practically everyone. Be respectful and low-key when dealing with authority figures. Be patient with partners and close friends. This is the toughest day of this week.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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FRIDAY'S ANSWERS

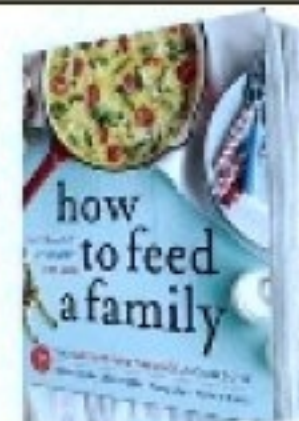
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AT THIS PRICE!**

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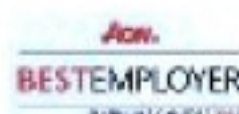


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